

metro

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Tuesday, October 15, 2019 metro.us | t: MetroBOS | f: MetroBoston



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NO HANGOVER FOR BRUINS

The B's are cruising along early in the 2019-20 season. 9

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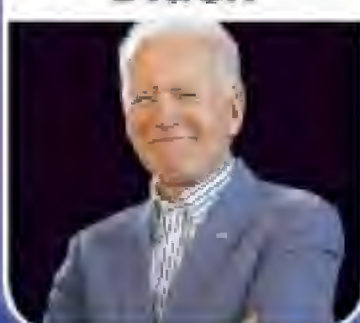
HEATING UP

With impeachment, Syria, and candidate ill-health on the cards, the fires are stoked for an eventful Democratic presidential debate Tuesday evening. 2

Elizabeth Warren



Joe Biden



Bernie Sanders



Julián Castro



Tulsi Gabbard



Kamala Harris



Amy Klobuchar



Beto O'Rourke



Pete Buttigieg



Tom Steyer



Cory Booker



Andrew Yang



THINGS
TO
KNOW

The search for a nominee continues.

Twelve Democratic presidential candidates will take the stage in Westerville, Ohio, on Tuesday in the party's fourth debate of the nominating contest for the November 2020 U.S. election.

It will be the largest scrum on a debate stage yet for the Democrats, as they try to find a nominee to take on President Donald Trump, a Republican.

Most notably, it will be the first debate held since the U.S. House of Representatives launched an impeachment inquiry into Trump's attempts to encourage the government of Ukraine to interfere in the election. The probe likely will be a recurring subject throughout the evening.

Here are some moments to watch for during the debate:

BIDEN ON BIDEN

In the now-documented phone call between Trump and Ukrainian President Volodymyr Zelenskyy that lies at the heart of the impeachment probe, Trump suggested that Zelenskyy should investigate Joe Biden and his son, Hunter. The younger Biden sat on the board of a Ukrainian gas company, Burisma, while his father was vice president under President Barack Obama.



Candidates will likely take aim at Trump, and each other.

GITTY IMAGES

Trump has repeatedly suggested, without offering evidence, that Joe Biden pressed Ukraine to back off from a corruption investigation of the company.

Biden has tried to use Trump's allegations to his political advantage, arguing Trump's persistent focus on him means Trump fears a face-off in the general election next year.

The debate will mark the first time that Biden will be on stage with his Democratic rivals since the call came to light.

BIDEN VS. WARREN

The bigger question is

whether any other contender will seek to press Biden on the matter or assert that there were ethical issues with Hunter Biden's arrangement.

The candidate to watch will be U.S. Senator Elizabeth Warren, who has made combating Washington cronyism a hallmark of her presidential campaign.

Warren has risen in the polls to the point where she is now considered a front-runner for the nomination along with Biden. She has largely stayed away from criticizing her fellow Democrats. Is this where

she twists the knife?

BERNIE'S BACK

The debate will mark the first official public appearance for U.S. Senator Bernie Sanders since he suffered a heart attack at a campaign stop in Las Vegas on Oct. 1.

Sanders, 78, is the oldest of the 19 candidates seeking the Democratic nomination, and the incident has raised questions about his age and his capacity to serve as president.

Sanders maintains he is ready to resume his campaign and will continue full-bore.

"It will be important for him to relay that and to show it, not only with his words but with his actions, that he is feeling great," an aide said.

A NEW URGENCY

As a topic, U.S. foreign policy has largely been regulated to the second half of previous debates, behind such flashpoints as healthcare and immigration.

Not so this time, predicted Brad Bannon, a longtime Democratic pollster in Washington who works with labor unions and Democratic issue groups.

"The Turkish attack on the Kurds in Syria will prompt a discussion of foreign policy that has got little attention in the previous debates," Bannon said.

The crisis in Syria — unfolding after Trump's decision to withdraw U.S. troops who had been fighting alongside Kurdish forces against Islamic State militants — likely will spark an examination of Trump's track record on the world stage.

THE NEW GUY

Tuesday's debate will be the first for California billionaire Tom Steyer, who entered the presidential race this summer.

Steyer was ahead of the curve on Trump's impeachment, having invested millions advocating for it since Trump took office.

WHAT ABOUT ME?

For the remainder of the Democratic field behind Biden, Warren and Sanders, impeachment has come at an inopportune time.

The constant media coverage of the probe has effectively wiped the lesser presidential hopefuls right off of the TV screen and out of news stories.

For the rest of the still-sprawling field polling in the low single digits, impeachment could serve as a knockout blow as they struggle to gain attention ahead of the nominating contests that begin in February. **REUTERS**

Trump prepares to drop sanctions on Turkey

2 President Donald Trump's administration is set to impose economic sanctions on Ankara, potentially as early as this week, for its incursion into northern Syria, one of the few levers the United States still has over NATO-ally Turkey. Using the U.S. military to stop the Turkish offensive on U.S.-allied Kurdish fighters was never an option, defense officials have said, and Trump asked the Pentagon on Sunday to begin a "delib-

erate" withdrawal of all U.S. troops from northern Syria. After Treasury Secretary Steven Mnuchin said on Friday that Trump had authorized "very powerful" new sanctions targeting Turkey, the administration appeared ready to start making good on Trump's threat to obliterate Turkey's economy. On Sunday, Trump said he was listening to Congress, where Republicans and Democrats are pushing aggressively for sanctions action. **REUTERS**

Family of U.K. teen killed in crash plead with U.S.

3 The parents of a British teenager killed in a car crash involving a U.S. diplomat's wife vowed on Monday to keep fighting until they get justice for their son after the American woman returned to the United States following the accident. Charlotte Charles and Tim Dunn spoke to media in New York during a visit intended put pressure on the Trump administration to have Anne Sacoolas sent back to face U.K.

investigators. "She needs to just do the right thing and just come back and face what she's done," said Charles, her voice breaking with emotion. Harry Dunn, 19, died after a car driven by Sacoolas crashed into his motorbike. Vehicles drive on the left in the United Kingdom, and the American woman was driving on the wrong side of the road when the accident happened. The family will travel to Washington this week. **REUTERS**

Mock video of Trump killing journalists slammed

4 The White House Correspondents' Association has condemned a mock video, shown at a gathering of U.S. President Donald Trump's supporters at one of his Florida resorts, that depicts him slaughtering members of the news media and political adversaries. News of the video was first reported by the New York Times, which said it obtained it from someone who attended the three-day gathering last week at

Trump National Doral Miami and took a cellphone video of it. Parts of the video were posted on YouTube in 2018, the Times said. It shows Trump's head superimposed on the body of a man wearing a pinstriped suit and opening fire with a handgun inside the "Church of Fake News." The parishioners' logos are identified by the logos of news organizations or the faces of political opponents and critics of the president. **REUTERS**

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NEWS



New England Patriots quarterback Tom Brady.

REUTERS

Brady says he won't ask Gronkowski to return to Patriots

Gronkowski physically, but not mentally prepared to return.

son that can make those decisions. I don't lobby for those things."

He made his comments in his weekly radio appearance on WEEI's "The Greg Hill Show."

Tom Brady said Monday he won't ask Rob Gronkowski to end his retirement to return to the New England Patriots.

"I love that guy. I'm so happy that he's enjoying his time, his life," Brady said of Gronkowski, who caught 79 touchdown passes at tight end for the Patriots. "He seems to really be doing a lot of great things. He knows how I feel about him. I want what's best for him. He's the only per-

Gronkowski, 30, hasn't filed his retirement papers yet, and team owner Robert Kraft told NFL Network last week that he can "pray and hope" that Gronkowski will decide to play again. The Patriots have just two tight ends on the roster.

Gronkowski recently joined FOX Sports as an analyst, and he told the network that while he's physically prepared to play, he isn't mentally prepared.

Brady said he understands.

"I have a great relationship with him. He's given a hell of a lot to our team already over a long period of time, and I think people should be very appreciative for what he's brought to the team and what he's brought to the region," the quarterback said. "I think he's just a very special guy. He's at a different phase of his life."

Gronkowski played for the Patriots from 2010-18, and his 79 touchdown receptions are the most all-time by a New England receiver. His 7,861 receiving yards are second all-time for the Patriots behind Stanley Morgan (10,352). REUTERS

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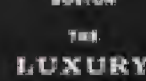
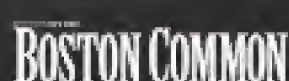
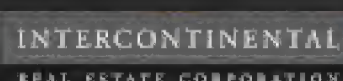
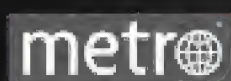
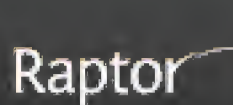
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your teacher alerts your
class that there will be
a big exam in the not
so distant future? Even
if there is ample time
to study between now
and the exact exam
date, the process of
cramming all of the
necessary information
into your brain can be
easier said than done
with everything else
going on in your life.
Here are five easy ways
to get your brain into
fighting shape before a
big exam.

Study groups

Sometimes it's easier
to do things in a group
setting rather than on
your own. By getting a
few of your friends in
your class to tackle the
material and bounce
questions back and
forth with, you will be
able to not only get a
deeper understanding
of the subject matter
but also rest assured
that you are on the
right track. By having
others re-confirm you
are moving in the right
direction by checking
your work and thought
processes, you will be
prepared to head into
the exam as a team
rather than just one
individual. Plus, you
can hang with your
friends as you schedule
meetups before the big
day. Who says all of this

can't be fun?

Do the work out loud

Now if you need to do
some studying on your
own away from the
group, make sure that
while you are doing the
reading or pulling apart
equations that you do
so out loud. According
to a study published in
2017 by the University
of Waterloo on memory,
researchers found that
by adding the steps of
reading information
out loud and hearing
yourself speak, newer
subjects are more easily
ingrained into your
brain in a more substan-
tial way than simply
reading in silence.

Use rewards as motiva- tion

Sometimes, the act of
simply cracking open
your books to get down
to business can be half
of the battle. But if
you give yourself tiny
rewards to help you
cover ground along
the way, you can have
a positive association
with studying rather
than treating it like
some form of torture.
Reward yourself with
snacks along the way or
even take yourself out
to do something fun
once your study session
is over. Furthermore,
if you do well on your
exam you should go big

and celebrate all of your
hard work.

Go off book

Just because you are
using your textbooks to
study subjects through-
out history doesn't mean
that those bland books
are the only places
you will be able to get
that information. With
resources like streaming
platforms, it's easier than
ever to find fun and in-
teresting documentaries
and podcasts that can en-
gage you in the material
in ways that will help
you in your studies. Plus,
you can trick your brain
into thinking that you
are watching or listen-
ing to something in your
own time.

Exercise before your exam

Many people will tell
you that meditation
will help you to get rid
of any anxiety you may
have before taking a big
exam. But one of the best
things you can do before
taking an exam is to take
a long walk to get your
blood flowing. Not only
will this help to get your
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getting the blood in your
body flowing you will
be much more alert and
focused on the questions
and can adapt to things
that you may have not
planned for.

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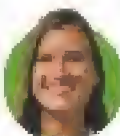
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LIFESTYLE

Natasha Bedingfield talks first album in nine years and using positivity as a motivation.



MOLLY GIVEN
Molly.Given@metro.us

Singer-songwriter Natasha Bedingfield knows how to make an audience feel good. In fact, the UK native's sole mission with her music is to produce incredibly catchy hits that uplift people's spirits. Bedingfield demonstrated her raw talent and optimistic capabilities with smash hits "These Words," "Pocketful of Sunshine" and the unofficial theme song of 2006, "Unwritten." But the songstress is hungry for more and she uses her audience's experi-

ences with her music as motivation to keep the feel-good train rolling. Bedingfield sat down with Metro to talk about the release of her first album in nine years, her new tour and why her greatest inspiration comes from all of her fans.

"Roll with Me" is your first album out in nine years. Why was now the right time for its release?

I don't think it's ever a bad thing for a singer/songwriter to take breaks between albums — I think that it shows the thoughtfulness. I feel really excited about this music, I just love how it flows, and I think that it still has that catchiness that I'm known for but also a lot of depth and growth musically. It's really incredible production-wise. I met Linda Perry years ago, and we had just an amazing flow right from



Natasha Bedingfield, Getty

the start, we kind of brought something different out in each other. Linda started a label and I was the first artist she called. She knew I left my label and when she asked if I wanted to make a record I immediately said "Hell yeah."

Do you feel as though your inspirations for songwriting have changed over

time the longer you've been in the industry?

Having performed so many live shows, I'm influenced by my listener. I'm always thinking in my head about what I want the experience to be like for someone who is listening to my music. That's influenced me more than anything — I've heard so many stories about how my songs have touched people in

different ways. Sometimes a song can help someone get through a really hard time, and yet that very same song can be just like a complete fun let-go kind of song for someone else. I love that music can do that.

Since we're talking about songs, I have to ask how it feels to have "Unwritten" remixed for "The Hills" reboot on MTV?

It was such a wonderful experience to write a song like that — that song is beyond me, it's beyond the show and it's its own kind of thing now. I love singing it on stage, everyone always sings it at the top of their lungs and that truly makes me so happy. So when I knew they were re-launching, I approached them and basically said wait, you better be using my song! We had a meeting with them and we decided to do a remix of it — it's ten years later and it has a new feel with everyone in the show being grown-up, so it was suited for the new version.

Now jumping to your tour, what do you love the most about being able to perform live for audiences?

I just love how songs

change depending on who you sing them for. When you sing live there's this interaction that actually influences the music, and I love that. It's fascinating, it's exciting and when I go on stage I lose all self-consciousness and I feel very swept up in the music. There really is no other high like that. I'm very sensitive to energy, and I can really read the energy in a room. So I like to send out positivity, which is one of the things I actually love about one of my inspirations, Motown music — it doesn't have to be a positive song but you still always feel this kind of power and uplifting energy. But different parts of the country also have different types of flavor for sure.

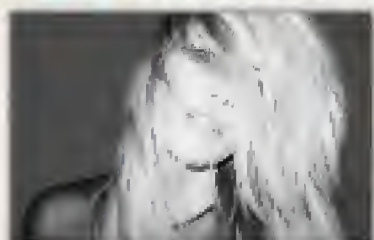
Overall, what do you hope fans take away from attending one of your concerts?

I want people to put whatever it is that is on their mind on hold and just let themselves be swept up in the experience. It's going to be intimate, it's going to be real and most importantly it's going to be fun.

Catch Natasha Bedingfield at The Wilbur on Oct. 15 at 8 p.m.

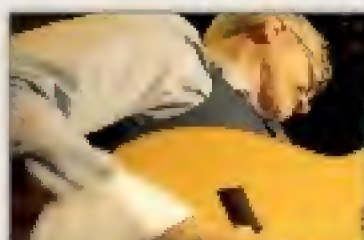
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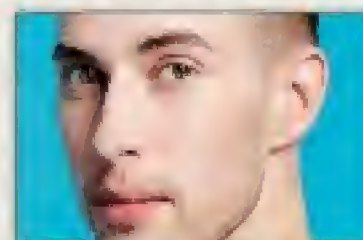
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NOV 8
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NOV 18



NICK OFFERMAN
OCT 23-24

THE TEMPTATIONS &
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JAY LENO
NOV 23



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SPORTS

It's early, but the Bruins look poised to defend their Eastern Conference crown.



MATT BURKE
matt.burke@metro.us

The Bruins collectively took their Advil this summer, apparently, as there is absolutely no hangover to be seen this season following last June's crushing Stanley Cup Finals defeat against the St. Louis Blues.

The B's not only crushed their brutal road trip to open the 2019-20 campaign, winning three of four out west, but they also have looked dominant in their first two games back in Boston.

The Bruins crushed the Ducks, 4-2 in a Columbus Day matinee at the Garden yesterday – that coming on the heels of a 3-0 blanking of the Devils on Saturday.

Heading into the season, one of the biggest questions for the Bruins was whether or not David Pastrnak could raise his game to another level. He led the team in goals last season with 38, but that number was far off the NHL lead as players like Alex Ovechkin, Leon Draisaitl and John Tavares hovered around the 50-goal mark.

Pastrnak vaulted himself near the top of the NHL early-season leaderboard on Monday as he registered four goals, giving him six on the season thus far.

Pastrnak's hat trick plus-one was the first time a Bruins player posted four goals in one game since Patrice Bergeron pulled it off



The Bruins celebrate one of David Pastrnak's four goals Monday against the Ducks.

GETTY IMAGES

against Carolina on Jan. 6, 2018.

Brad Marchand also continued his hot start to the 2019-20 season Monday as he had a pair of assists, pushing

his points total to nine on the year.

The Bruins have today and tomorrow off before hosting the Tampa Bay Lightning on Thursday (7 p.m.,

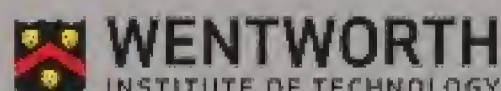
NESN) in a huge early-season showdown at the Garden. Tampa Bay, which was unceremoniously bounced in the first round of the play-offs this past spring fol-

lowing a record-setting regular season, was most people's Stanley Cup pick heading into this season. Tampa Bay is just 2-2-1 to start the season.

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WESTERLY: by Melbourne Street, thirty-nine (39) feet;

NORTHERLY: by Lot 49, on said plan, one hundred two (102) feet;

EASTERLY: by land now or formerly of New York New Haven & Hartford Railroad, thirty-nine and 46/100 feet;

SOUTHERLY: by Lot 47 on said plan, ninety-nine and 04/100 (99.04) feet.

Containing according to said plan, three thousand eight hundred ninety-two (3,892) square feet of land.

For title to Mortgage, see Deed recorded in Book 24931, Page 261.

These premises will be sold and conveyed subject to a first mortgage to World Savings Bank, FSB dated October 23, 2003, and recorded with the Suffolk County Registry of Deeds in Book 33168, Page 280, and subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax liens, water and sewer liens and any other municipal assessments or other public taxes, assessments, liens or claims in the nature of liens, or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Ten Thousand (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Perry Krumsiek LLP, One Boston Place, Suite 2600, Boston, Massachusetts 02108, within thirty (30) days from the date of the sale. Purchaser will be required to sign a Memorandum of Sale at time and place of sale stipulating these and other terms of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

EAST BOSTON SAVINGS BANK
Present holder of said mortgage
By its attorneys
Perry Krumsiek LLP
One Boston Place, Suite 2600
Boston, MA 02108
(617) 720-4300

October 15, 22 and 29, 2019.

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. SU19P1945EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Estate of: Estella Boyd

Date of Death: 09/07/2018

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Jarvis D. Goodman of Katy TX requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Jarvis D. Goodman of Katy TX be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 10/24/2019.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

[Signature]
Brian J. Dunn, First Justice of this Court

Date: September 12, 2019

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Researchers at Tufts University Invite you to Participate in a Nutrition Study

You may qualify if you:

- Are 25 years or older
- Do not consume more than 2 avocados a month
- Carry most of your weight around your middle
- Have a waist size of ≥ 35 in. (pants size ≥ 8) for women; or have a waist size ≥ 40 inches for men

And you are willing to:

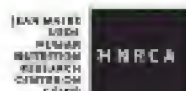
- Eat an avocado everyday for 6 months or continue your usual diet
- Provide blood samples & fill out questionnaires
- Have 2 MRI scans

Payment up to \$1070 if you qualify and complete the entire study.

For more information please e-mail

volunteers-hnrc@tufts.edu or call

1-800-738-7555 and request Study # 2975



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ACROSS

1 African antelopes
5 Date trees
10 Go no further
14 Skater's oval
15 Excuse
16 Paper towel brand
17 ___ 500; car race
18 Angels' home
20 Actress West
21 Isn't able to
22 Give a heads-up to
23 Line of travel
25 Shack
26 Sierra Club's concern
28 Most rational
31 Fill with joy
32 Hair braid
34 Buddy
36 Bowl-shaped pans
37 Weak
38 Actress Catherine ___ Jones
39 Feminine pronoun
40 Mob

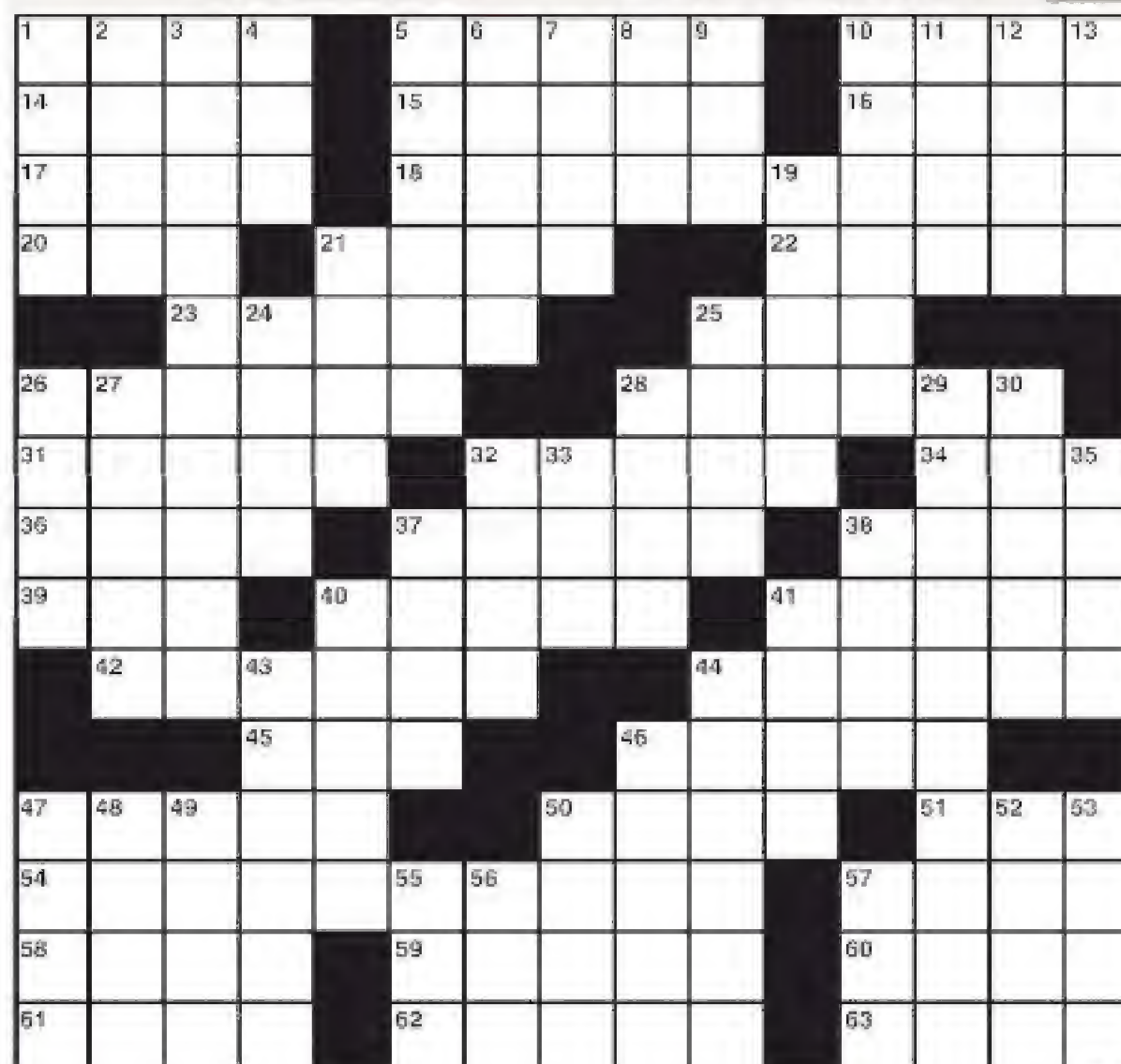
41 Ran fast
42 Golden ___; McDon-
ald's symbol
44 Like blizzard weather
45 Youth
46 Tripoli's nation
47 Detest
50 Stein & Stiller
51 File drawer, perhaps
54 Hairdresser
57 Wingless insect
58 Terra firma
59 On the ___; unre-
strained
60 Librarian's advice
61 Singer & actor Nelson

62 Ne'er-do-well
63 Probability

DOWN

1 Stern-faced
2 One of 3 ships for
Columbus
3 Gravedigger
4 Blue expanse overhead
5 Roof of the mouth
6 Without companions
7 "Schindler's ___"; Liam
Neeson film
8 Adv. business degree
9 Item for confession
10 Slender

11 Roofing piece
12 Think ___; contemplate
13 One of the tenses
19 Haggard
21 Remedy
24 Pitcher's delights
25 Weather forecast
26 Cronkite's forte
27 Lanai greeting
28 Uttered
29 Wearing glasses
30 Spud
32 ___ and cons
33 TV's "___ & Order"
35 Woman
37 Ricky Ricardo's land-
lord
38 Crazy
40 Diagram
41 BBQ favorites
43 Overcast
44 Champion
46 Rent long-term
47 Suffix for comfort or
fashion
48 Rosary piece
49 Palm's location
50 Brief life sketches
52 Deceased
53 Actor George
55 Unwell
56 Dove's sound
57 To and ___

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Yesterday's Answers

S	P	E	W		R	U	D	E		P	E	S	T
T	A	X	I	S		O	P	E	N		L	A	K
A	G	A	I	N		C	A	F	E	T	E	R	I
Y	E	S		O	A	K				R	E	A	L
			P	A	U	L	S			G	A	S	
S	C	E	N	T	S				D	I	R	E	C
W	A	R	D	S		C	R	A	Z	Y		H	A
A	D	A	Y		T	O	E	Y		B	A	S	E
N	E	T		B	O	N	D	S		C	O	T	T
			T	E	N	O	R	S		P	L	A	T
			A	I	R				M	O	O	S	E
S	P	O	U	S	E				A	P	T		R
C	O	N	G	E	N	I	A	L		H	A	B	I
A	R	C	H		T	O	B	E		E	R	O	S
M	E	E	T		S	U	E	S		E	X	A	M

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		7	5	6	4			
1	5	2		7	9	6		3
8	6					5		
5	3			9	2			4
7	4			5			9	8
6			7	4			1	5
		6					3	7
9		5	4	3		1	8	2
			9	8	7	4		

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Category: Musician

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